Contraceptive use is low in the provinces of Sofala, Zambézia and Manica, representing less than 20%. However, in Maputo City and Province (43%), nearly half of women use modern contraception.

**Contraception use by province**

- Niassa: 23%
- Tete: 24%
- Manica: 18%
- Gaza: 39%
- Maputo Province: 43%
- Cabo Delgado: 23%
- Nampula: 22%
- Zambezia: 16%
- Sofala: 15%
- Inhambane: 33%
- Maputo City: 45%

Source: IMASIDA 2015
Approximately 23% of women have an unmet need for family planning. This is higher among women in rural areas.

<table>
<thead>
<tr>
<th></th>
<th>Rural</th>
<th>Urban</th>
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<tbody>
<tr>
<td>For spacing</td>
<td>14%</td>
<td>17%</td>
<td>16%</td>
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<tr>
<td>For limiting</td>
<td>6%</td>
<td>7%</td>
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<tr>
<td>Total</td>
<td>20%</td>
<td>24%</td>
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</tbody>
</table>

On average, mothers prefer to have 1 less child.

Unintended pregnancies and unsafe abortions are the leading causes of high fertility and maternal deaths, respectively.

A Woman in Mozambique has, on average 5 children over her reproductive lifespan. If the demand for family planning was met, women would have one less child.

While unintended pregnancy rates have stayed the same, unsafe abortion has increased by 48% among women aged 15-49 since 1990.

Recommendations:

Given Mozambique is a signatory to the Family Planning 2030 commitments, which call on countries to increase the use of long-acting reversible contraceptive methods, further investment is needed to increase the availability and familiarity to use the methods.